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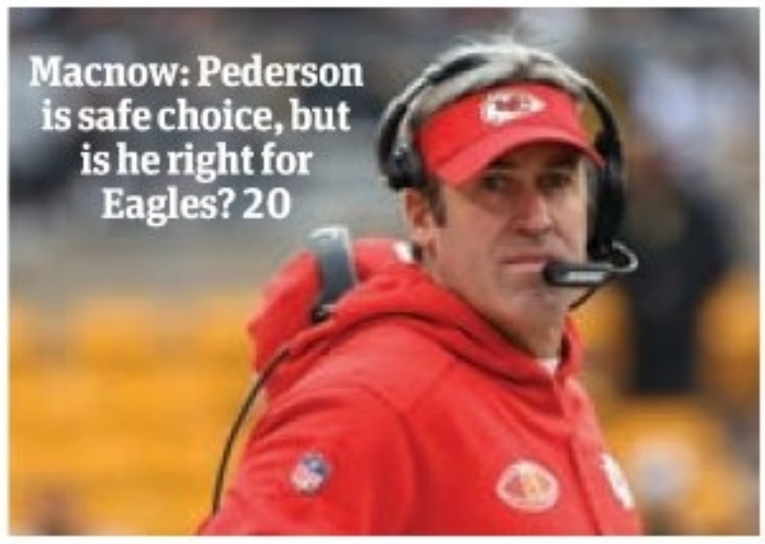
Tuesday, January 12, 2016 metro.us | t: MetroPhilly | f: MetroPhilly

CELEBRATE BOWIE ON SCREEN

Watch that man in the departed legend's best film roles. 15



Macnow: Pederson is safe choice, but is he right for Eagles? 20

How to make your resolutions stick. 18

UNDER THREAT

Tip to police says man who shot cop is 'not the most radical' of his group and the 'threat to police is not over.' 4-5

PHILADELPHIA POLICE DEPARTMENT

CLINTON'S EMAIL PROBE

1 The FBI is widening its investigation of Democratic presidential candidate Hillary Clinton's use of a private email account while she was U.S. secretary of state to determine whether any public corruption laws were violated, Fox News reported. The FBI has been looking into whether classified material was mishandled during Clinton's tenure at the State Department from 2009-2013. REUTERS

GRAY TRIAL DELAYS

2 A Maryland appeals court on Monday delayed the murder trial of a Baltimore police officer in the death of black detainee Freddie Gray until it can decide on whether a key witness should testify. Caesar Goodson Jr.'s trial was to have begun on Monday in a case that fueled a nationwide debate over race and policing in the United States. There are a total of six officers facing trial in Baltimore City Circuit Court for the death of Gray, who died of a broken neck in April after being transported in a police van. REUTERS

PILOTS FLYING SKILLS

3 The Federal Aviation Administration is failing to ensure that airline pilots maintain their flying skills so they can safely take control of an aircraft from automated systems during an unexpected event, according to a U.S. Transportation Department report released on Monday. REUTERS

BOWIE TRIBUTE

7 Flowers, candles and pictures sit at a memorial outside of the late musician and performer David Bowie's apartment that he shared with his wife on Monday in New York City.

ALL PHOTOS BY GETTY IMAGES

FATAL STORE SHOOTING

4 Local schools were in lockdown Monday morning as police searched for a suspect, one of three, who was part of an attempted robbery at a South Philly corner store that left one dead. An owner at Miss Jessie's Stop N Shop at the corner of South 12th and Montrose streets shot and killed one of three men who attempted to hold up the store, NBC reported. JASON NUCKOLLS

VW MAY BUY BACK CARS

5 German automaker Volkswagen may end up buying back some cars affected by the emissions scandal, its chief executive told CNBC in an interview. "In some cases it's very easy to repair the cars, in other cases it's very expensive and in that case we have to negotiate whether it would be better to bring back some of the cars to Volkswagen," Matthias Mueller told CNBC at the Detroit auto show on Monday. "In theory it's possible," he said.

REUTERS

TODDLER'S DEATH

6 Prosecutors announced that a Haddon Township man has been charged with murder for the death of his 3-year-old son, found dead in a wooded area in October. David "DJ" Creato, 22, was charged in an indictment returned by a Camden County grand jury Monday, the Camden County Prosecutor's Office announced. SAM NEWHOUSE

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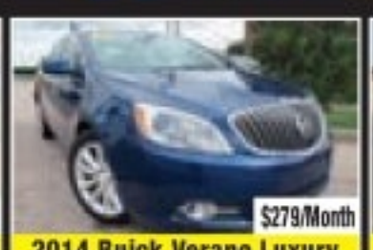
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Police report of 'radical Islam' tip leaks online

The document detailing a tip that threat to police is "not over" was leaked online.

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

A day after Philadelphia police reported that an anonymous tipster told officers the attack on one of their own was not an isolated event, paperwork of the report surfaced online.

The handwritten document is authentic, Public Affairs Officer Tanya Little confirmed, but she said the police department did not formally release it to the public. The report was posted on the Philadelinquency blog, which said police "publish[ed] the complaint."

The urgency of the potential threat to police comes through in the handwritten report filed on Saturday, two days after Officer Jesse Hartnett was wounded in an ambush-style shooting by Edward Archer, who told police he attacked the officer out of allegiance to ISIS.

Below, see the entire text of the report, taken from an anonymous woman who approached an officer at 60th and Walnut:

"Compl. stated to police that the threat to police is not over. She said that the offender who shot P/O Hartnett is part of a group that consist of three others and that the defendant is not the most radical of the four. And the other three males still frequent the 6100 block of Pine and for the police to be careful. Female also stated that the defendant was a part of the mosque on 60th St. But became more radical after he attended the mosque on 45th and Walnut. That the Eman [sic] on 60th St was lying when he said the defendant had no association with that mosque."

The police department announced Sunday that they had received the tip and that they were inves-

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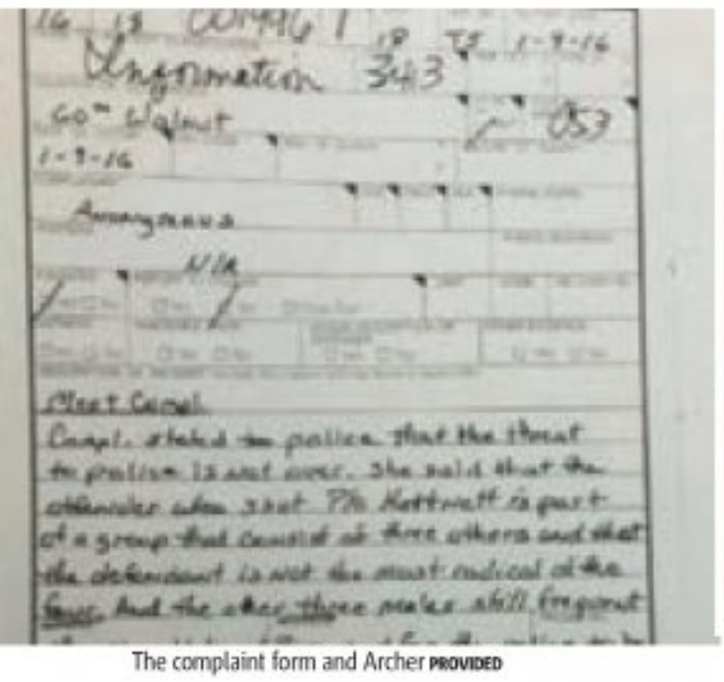
Information 343
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Arraignment
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Client Cannot
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The complaint form and Archer PROVIDED

tigating it, along with the FBI. None of the information from the anonymous tipster has been reported, confirmed or verified at this time.

Archer, 30, is charged with attempted murder for shooting 11 rounds at Hartnett, 33, some at point-blank range, striking him four times in the arm and buttocks.

People who knew the gunman said he was a devout, quiet Muslim who became more "combative" after trips to Egypt and Saudi Arabia.

They said he began expressing interest in Islam as a teenager, played in a local Muslim football league and worked on construction jobs.

The imam of a local mosque where Archer worshipped, Asim Abdur Rashid, said Archer's Muslim name was Abdul Shaheed. He said Archer had attended the West Philadelphia mosque, known as Masjid Mujahideen, for at least five years. He saw him as recently as last week.

"He was intelligent, and he was a regular dude," Rashid said.

Rashid added that Archer regularly attended morning and evening prayers, in addition to midday Friday prayers.

FBI Special Agent Eric Ruona said Archer had traveled to Saudi Arabia in 2011 and Egypt in 2012 — a trip that a family friend said had changed him.

"He became more drastic. More combative," said Jannah Abdulsalaam, who asked only to be identified by her Muslim name. "He was kind but I noticed that change."

Additional reporting by Reuters

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BRIEF

Man dressed as Buddhist monk gets robbed buying lottery tickets: Cops

The Philadelphia Police Department said that one man's desire for another man's things was outright robbery.

According to police, on Sunday, Jan. 3, a 61-year-old man was inside the Sunoco gas station at Broad and Catharine streets buying lottery tickets when an unknown male approached from behind and "snatched approximately $350 from the complainant's hand."

In surveillance video released by police, the 61-year-old victim is dressed in orange robes and resembles a Buddhist monk.

"After snatching the money, the suspect ran from the store with the complainant following him. The complainant was able to catch the suspect when a struggle ensued," authorities added. "During the struggle, the complainant was pushed to the ground, sustaining a cut to his left leg."

A surveillance photo PROVIDED

Police described the suspect as a black male driving a silver Ford Mustang with a Pennsylvania license plate of JHY-3783.

The PPD encouraged anyone with information to contact them at 911 or 215-686-TIPS (8477). Members of the public may also text tips to PPD TIP (773847) or submit tips online.

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Harrisburg yanks cops from NRA gun show

Pistols for sale CHARLES MOSTOLLER

The mayor of Harrisburg removed city cops from working an NRA-sponsored event, citing lawsuits with the group and gun violence in the city.

SAM NEWHOUSE
@scnewhouse
sam.newhouse@metro.us

The mayor of Harrisburg recently announced that he won't be providing city police to one of the nation's largest sporting and gun shows because it is sponsored by the National Rifle Association.

Mayor Eric Papenfuse, a Democrat, claimed that he decided to pull city police from the Great American Outdoors Show because of gun violence in Harrisburg — and because the National Rifle Association (NRA) cost the city money by supporting gun-ordinance lawsuits filed against cities like Harrisburg and Philadelphia.

"We have an epidemic of gun violence," Papenfuse told ABC 27. "It's no secret that the NRA has worked against the city's interests repeatedly over the past year, causing us to spend tens of thousands of dollars to defend common sense gun ordinances. We don't need to be doing them any favors."

His spokeswoman, Joyce Davis, backed up those statements Monday, and did not deny that the city was using this move to put political pressure on the NRA.

"There is public pressure being brought to bear on the NRA," Davis said. "In our area, where we're dealing with losing people as young as 16 years old and younger to gun violence, there's definitely pressure from our mothers, our religious leaders, and our activists who care about youth for the NRA to work with law enforcement and not make it more difficult to protect our children."

NRA spokesman Lars Dalseide bristled at the implication.

"To suggest we're encouraging gun violence is both insulting and wrong," he said.

According to Dalseide, the real disagreement was over the NRA's unwillingness to cough up more cash for the privilege of having Harrisburg police earn extra cash staffing the event.

"Would they be holding the same stance about 'protecting our children' if we had met their financial demands? Would those concerns have still existed?" he asked.

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LA police chief seeks charges against officer in shooting death

The case follows a series of killings of unarmed black men by police.

Los Angeles Police Chief Charlie Beck has called for an officer to be criminally charged for the fatal shooting of an unarmed homeless man, a spokeswoman for the mayor said Monday, after the chief found the officer's life did not appear to be endangered.

The May 5, 2015, shooting of Brendon Glenn led to accusations against Los Angeles police by community members who said it was unjustified. Glenn was African-American, and so is officer Clifford Proctor, the policeman who shot him.

Police have said the shooting came after two police officers responded to a report of a person harassing customers outside a restaurant in the beachside Venice neighborhood.

A short time later, they saw Glenn struggling with a person and tried to detain him. A physical altercation ensued, and Proctor shot Glenn to death, police said.

Chief Beck said days later he had not seen evidence to justify the shooting death of the unarmed man.

Beck has made a recommendation to Los Angeles County District Attorney Jackie Lacey that criminal charges be filed against Proctor, said Connie Llanos, a spokeswoman for the city's mayor.

Mayor Eric Garcetti in a statement said he hoped Beck's recommendation is "considered with the utmost gravity."

"No one is above the law, and whenever use of force crosses the line, it is our obligation to make sure that principle is upheld," Garcetti said.

Los Angeles police chief Charlie Beck GETTY IMAGES

Investigators found Glenn, 29, was on his stomach and attempting to push himself up from the ground when Proctor stepped back and shot him twice, Beck told the Los Angeles Times newspaper.

The chief, who was appointed to the position in 2009, told the newspaper it was the first time he had recommended criminal charges against an officer for shooting a person to death.

Larry Hannah, an attorney for Proctor, could not immediately be reached. But he told the L.A. Times that Proctor saw Glenn make a move for his partner's gun.

Video of the scene and eyewitness accounts do not support Proctor's claim, Beck told the paper. REUTERS

BRIEF

Missouri man pleads guilty to threatening blacks on campus

A white 19-year-old Missouri man on Monday pleaded guilty to making terrorist threats to shoot black people on the campus of a state university, his attorney said.

Conner Stottlemyre, one of three Missouri men arrested in November on charges of making threats on social media about shooting people on college campuses, pleaded guilty under a deal with the Nodaway County prosecuting attorney and will serve 30 days in jail and then be on probation for five years, said his attorney Robert Sundell.

Stottlemyre was arrested in November by campus police at Northwest Missouri State University in Maryville, where he is a student, for threatening violence on that campus.

A sentencing hearing has been scheduled for Feb. 22 at which the judge will decide whether to accept the plea deal, Sundell and Rice said. In the interim, Stottlemyre, who appeared in Nodaway County Circuit Court in Maryville, remains free on $10,000 bond.

Rice said the deal was fair, given Stottlemyre had no prior criminal record and was a good student. REUTERS

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Uber pushes into public transit with new app partnership

Uber car METRO FILE PHOTO

Transportation technology company TransLoc announced Monday a partnership with Uber, marking a significant advancement in the ride-hailing company's effort to ally itself with public transit agencies.

TransLoc, which builds technology products for public transit passengers and agencies, will integrate Uber into the TransLoc Rider app, a smartphone application that provides real-time bus tracking and route planning.

San Francisco-based Uber's app allows passengers to order on-demand rides from their smartphones.

The integration will allow passengers to plan trips that combine public transportation with Uber rides and walking, TransLoc officials said. The idea is to offer Uber as a way for passengers to get from home to a transit stop, and from transit stops to their destinations.

Public transit agencies lose many potential riders because they lack options getting to or from the bus or train stop, TransLoc said.

"Such partnerships will enhance the attractiveness of public transportation," Michael Melaniphy, president and chief executive of the American Public Transportation Association, said in a statement.

Uber and ride-hailing competitor Lyft have been working to find allies among public transit agencies, recognizing that if they are to be truly cheaper than car ownership as each company has touted it is, they must be used in combination with public transit.

A transportation study by the statistical analysis media site FiveThirtyEight showed that completing 85 percent of trips on public transit and 15 percent with Uber roughly equaled the cost of car ownership. REUTERS

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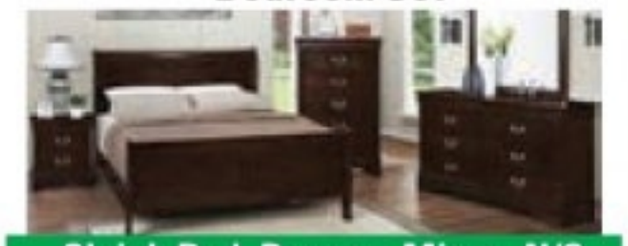

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Cosby attorneys call for a dismissal of sexual assault charges

Cosby, 78, was charged last month with sexually assaulting a woman in 2004 after plying her with drugs and alcohol.

Attorneys for Bill Cosby on Monday asked a Pennsylvania court to dismiss sexual assault charges filed against the comedian late last month, saying prosecutors violated terms under which he gave a deposition in a civil lawsuit a decade ago.

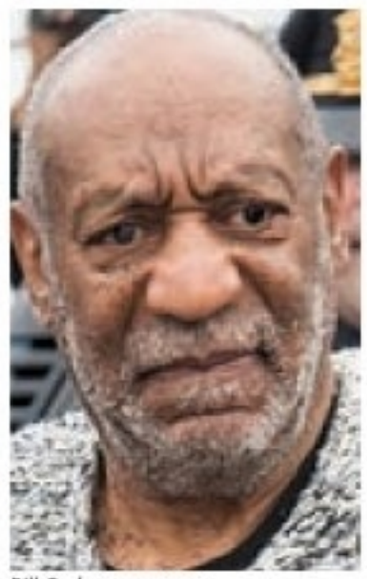
The charges, filed days before the statute of limitations on the alleged crime was to expire, are the only criminal charges the entertainer faces after more than 50 women accused him of sex assault.

Defense attorneys on Monday asked a judge to disqualify Montgomery County, Pennsylvania, District Attorney Kevin Steele from prosecuting the case, noting that he had said during his recent election campaign that he would work to charge Cosby if elected. His rival in the race made similar comments.

Officials with the Montgomery County District Attorney's office could not be reached for immediate comment on Monday.

"The charges brought on December 30, 2015 violate an express agreement made by the Montgomery County District Attorney in 2005, in which the Commonwealth agreed that Mr. Cosby would never be prosecuted with respect to the allegations of sexual assault made by complainant Andrea Constand," Cosby's attorneys said in a statement.

The deposition was given in a civil lawsuit against Cosby by Constand, now 44. That lawsuit was settled in 2006 for an undisclosed sum. REUTERS



Bill Cosby GETTY IMAGES

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Starvation exists in besieged Syrian towns

Syrian children wait on the outskirts of the besieged rebel-held Syrian town of Madaya, on Monday, after being evacuated from the town. GETTY IMAGES

U.N. and relief agency workers saw starving people in two besieged Syrian areas where aid deliveries were made on Monday, a senior U.N. official said.

An aid convoy entered the town of Madaya, besieged by government forces, where thousands had been trapped for months without supplies and people had been reported to have died of starvation.

Yacoub El Hillo, the U.N. resident and humanitarian coordinator in Syria who was in Madaya overseeing the operation to distribute food to over 40,000 people, said he had also received reports, which could not be confirmed, that at least 40 people had died of starvation.

"We have seen with our own eyes severely malnourished children. I am sure there also malnourished older people and it is true they are malnourished, and so there is starvation," he said.

He said aid workers had also seen cases of starvation in al Foua and Kefraya.

They are two mostly Shi'ite villages, besieged by rebels, with about 20,000 residents. They also received deliveries from Monday's convoy.

Aid delivery both to Madaya and to Foua and Kefraya in the northwestern province of Idlib, 200 miles away, involved 65 trucks loaded with medical supplies and food.

Another large-scale operation to deliver wheat, flour, medical supplies and non-food items to those areas will be completed on Thursday, El Hillo said. REUTERS

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Katy Perry is on the prowl

The Golden Globes reminded us that our hearts will always go on for Kate Winslet and Leo DiCaprio. But the afterparties also gave us a possible new real-life couple to gossip about.

Singer Katy Perry caught the eye of, well, everyone, in her plunging blush-colored Prada dress, but it was Orlando Bloom who got her attention.

According to the Daily Mail, she made the first move at the Weinstein Company/Netflix soiree. The pair then got cozy in a private corner of the party tent, and he charmed his way into being her +1 for the Fox after-afterparty.

Perry, 31, has a taste for dark-haired men — she married professional instigator Russell Brand in 2010, but the relationship lasted just 14 months. (She's also never totally on or off John Mayer.) Bloom isn't exactly baggage-free either, living across the street from his ex-wife, Miranda Kerr, and son Flynn, 5.

Could there be a more awkward walk of shame?

ALL PHOTOS GETTY IMAGES

Who will play young Han Solo?

With the success of "Star Wars: The Force Awakens," Disney is not likely to leave any corner of George Lucas' galaxy far, far away unexplored — and that includes the era of [shudder] the prequels.

Don't worry, though. The latest untitled movie will tell the story of young Han Solo, and Variety reports the shortlist for the role is down to "about a dozen" actors, notably: Dave Franco, Jack Reynor, Ansel Elgort, Scott Eastwood, Miles Teller, Blake Jenner, Emory Cohen and Logan Lerman.

In our opinion, they all seem a little too squeaky clean to play the man who grows up to have shootouts in space bars, but so far there's no reason to doubt Disney when it comes to finding new talent for this franchise.

And you won't even have to wait until the movie comes out in May 2018 — Variety's sources say the early casting has to do with Han Solo making a cameo in the upcoming pre-"A New Hope" movie, "Star Wars: Rogue One."

Harry Styles gets back to basics

He's got the hair, the stage presence and the flocks of female fans. There's just one small problem with Harry Styles' plan to become a solo artist after One Direction went on indefinite hiatus: his voice.

"People may find it funny Harry needs singing lessons ahead of a solo career, but it's pretty standard practice," a source tells Britain's The Sun. Apparently, spending five years as part of the biggest boy band in the world wasn't enough?

Snark aside, Styles, 21, is not the first boy band member who needed a little polish. It took some time for Lance Bass to keep up with J. Timberlake's popping and locking in *NSYNC. And the vocal coach, Ron Anderson, counts no less than Adele among his clients. No shame in learning from the best.

Oscar Isaac was never yours, Internet

Sad news for those hoping to chat up "Star Wars" space pilot Oscar Isaac the next time you were both at the same cantina: He's been off the market for a long time.

Last night at the Golden Globes, Isaac celebrated his win for Best Actor in HBO's miniseries "Show Me a Hero" by sharing a screen-worthy kiss with a woman at his table. She turns out to be Maria Miranda, who is something between his girlfriend and wife, depending on which speculative gossip story you believe. Isaac himself is almost entirely silent on the subject of his personal life.

The Internet's new boyfriend seemed to remember his adoring public backstage, when he offered his phone number to anyone who wants to discuss "Star Wars." It's not exactly pillow talk, but we'll take it.

@kanyewest
David Bowie was one of my most important inspirations, so fearless, so creative, he gave us magic for a lifetime.

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David's friendship was the light of my life. I never met such a brilliant person. He was the best there is.

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Remembering David Bowie, movie star

With the legendary musician's death Sunday, we're all digging into his vast body of albums. But we should also remember that he had an on-again-off-again affair with the movies. MATT PRIGGE

"THE MAN WHO FELL TO EARTH" (1976)

CRITERION COLLECTION

Bowie didn't make his proper film acting debut till 1976's "The Man Who Fell to Earth." It was a perfect fit, and not just because he played an alien. Nicolas Roeg's film was, like Bowie, trying to do something daring and new with a popular medium. It uses elliptical editing to get viewers into the mind of Bowie's Jerome, who's come to Earth hoping to find a cure for his arid planet. Instead he languishes, staying beautiful 1976 Bowie as everyone else ages.

"THE HUNGER" (1983)

MGM

Bowie's films weren't always good, but he was always good in them. "The Hunger" found him and Catherine Deneuve as hip NYC vampires. It's hyper-directed within an inch of its life, but knife through the thicket and there's a heartbreaking turn from Bowie, whose character spends the first half-hour aging very quickly en route to a sudden death.

"LABYRINTH" (1986)

PROVIDED

This Jim Henson-George Lucas-Terry Jones fantasy introduced him to a whole new generation of children, even though they were watching him play a grown man trying to woo a teenage Jennifer Connelly. But even as Jareth, the "goblin king" in "Labyrinth," he didn't ham it up. He was a figure of elegance who just happened to be surrounded by silly puppets.

"MERRY CHRISTMAS, MR. LAWRENCE" (1983)

CRITERION COLLECTION

Despite the theatricality of his music, most of Bowie's movie performances weren't over-the-top. They were subtle, introspective, almost minimalist. He's very precise in Nagisa Oshima's "Merry Christmas, Mr. Lawrence," playing a British POW in a WWII Japanese camp who becomes a target for abuse by the camp commandant (Ryuichi Sakamoto). They actually love each other, and this is the only way they can express their feelings.

"THE PRESTIGE" (2006)

WARNER BROS.

Much of Bowie's acting were small roles, the best of which was in Christopher Nolan's dueling magician drama "The Prestige." As Nicola Tesla, Bowie gets one of cinema's great walk-ons, then gets a line that might as well be autobiographical. "The first time I changed the world, I was hailed as visionary," his Tesla says. "The second time I was asked politely to retire." Even in a medium that was not his own, he marked his territory.

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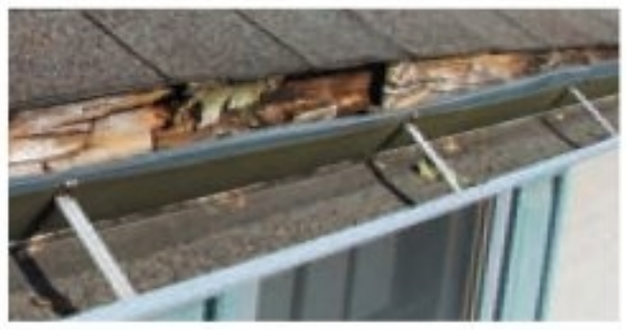

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Hey, it's that guy! Tim Blake Nelson

The character actor and "Anesthesia" director talks the Coen brothers and Kristen Stewart.

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

GETTY IMAGES

Tim Blake Nelson is one of "those guys": a scene-stealing character actor you see in small but key roles in movies, most noticeably "O Brother, Where Art Thou?," "The Good Girl," "Lincoln" and, most recently, "Fantastic Four." But he's also an esteemed playwright and filmmaker, who made the devastating Holocaust drama "The Grey Zone." He's also part of the vast ensemble in his latest, "Anesthesia," which follows several New Yorkers dealing with various problems, played by the likes of Sam Waterston, Glenn Close, Michael K. Williams and Kristen Stewart. But he says it's definitely no "Crash."

Is it difficult corralling so many actors into a low-budget film?

In this day and age you're more likely to get actors to do your movies, because there are fewer films being made. In many of the ones being made these days, actors are second to special effects. So when you write a drama with really interesting stuff to do, with characters who actually have something to say and face difficult challenges, you can really get actors to join you. The actors who show up want to be there, because they're certainly not being well-paid.

There have been a lot of movies about interconnected characters, the most famous being "Crash." Would you say it's like one of those or more like a collection of scenes around characters?

Tim Blake Nelson plays a man worried about his sick wife (Jessica Hecht) in the ensemble drama "Anesthesia," now on VOD, which he also wrote and directed. IFC FILMS

I like a collection of scenes around characters. I certainly didn't say to myself, "I want a pinwheel structure film." It just evolved that way. I didn't really have "Crash" in mind. I think the characters have a lot more in common than the connections that end up emerging.

It's also unusually short for a movie with so many characters. Did you always intend for it to run just under 90 minutes?

No. It always happens to me. I chop my films down. [Laughs] I get to the point where I bring them in under two hours, but they never start that way. I just keep paring away whatever I feel is unnecessary. My initial background as a writer was in poetry, and that's had a lasting effect.

Brevity is the soul of wit, as they say, but it's also hard.

I pick up influences from all these directors I get to work with as an actor. And Joel Coen has said to me for years, "There is absolutely no reason any movie has to be longer than two hours."

On KStew

Kristen Stewart plays one of the characters here. Did you encounter her huge fan base while trying to shoot her scenes in college spaces?

Yes. [Laughs] It was a mob scene. Luckily I only had her for three days, in that respect. But I love Kristen. She's a blue-collar worker as an actor. She has a strong work ethic; there's no attitude whatsoever. She comes from a crew background, so she just gets it.

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Go to the dark side

A spirits expert tells us why we should switch to whiskey in the wintertime.

RACHEL VIGODA
@rachelvigoda
rachel.vigoda@metro.us

Come January, it's high time to put down that mojito — even if the ground isn't covered with snow (yet). "There's a tradition of when it gets colder outside, people switch from light-colored to dark-colored spirits," says Ron Murphy, spirits buyer for Fine Wine & Good Spirits. "So you might drink rum and tequila in the summertime in your margarita, but in the winter switch it up to a cognac, maybe a bourbon."

Unless vodka is your consistent drink of choice — which, Murphy says, "is one of those things that's drunk year round, no matter what" — now's the time to warm up with a dark spirit like whiskey.

Not all whiskeys are created equal

The basics: If you're holding a bottle of something called whiskey, bourbon, rye or scotch, you're holding whiskey. They're made in different countries and they taste different from each other — but they're all distilled from fermented grain mash.

"A lot of times I'll drink Irish [whiskey] in the summer, because it's a lighter style. Or a Canadian rye, like Crown Royal. The flavor is lighter," Murphy explains. "In the wintertime, I'll switch to a bourbon or an American rye, because they're heartier, they're warmer — they're spicier. You get that nice warm feeling when you drink a nice bourbon."

The warmth comes from "heavier material," Murphy adds: "Bourbon is predominately corn."

Fruit-forward for beginners

If you're new to whiskey, start with a flavored version — and no, we're not talking about shots of Fireball. You can find everything from black cherry bourbon, to apple pie, to maple, designed for sipping.

"You have things like honey bourbons, which are great during the wintertime," Murphy says. "They're also really good for people don't drink bourbon all the time. It's got that lighter, sweeter edge to it."

Not ready to go neat? See above for two whiskey cocktail recipes to try, including a bubbly option for festive celebrations.

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Bourbon Sparkler

Ingredients
- 1 oz Evan Williams Bourbon, chilled
- 2 Tbsp vanilla bean syrup (recipe below)
- Enza Prosecco, chilled

Directions
Add bourbon and vanilla bean syrup to a chilled champagne glass and top with prosecco.

Vanilla bean syrup: Combine ½ cup sugar, ½ cup water and ½ vanilla bean pod, split and seeds scraped.

Bring to a boil in a small pot over medium heat and simmer until the sugar is dissolved, stirring occasionally. Cool to room temperature and discard the vanilla bean pod.

Tennessee Toddy

Ingredients
- 2 oz. Jack Daniel's Tennessee Honey
- 1 tsp. honey
- Cinnamon stick
- A good squeeze of fresh lemon juice
- Boiling water

Directions
Pour Jack Daniel's Tennessee Honey into a mug. Add honey, a cinnamon stick and lemon juice. Top with boiling water and stir.

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New Year's resolution mistakes most people make — and how to avoid them

Here's how to actually see your big 2016 goals through.

EMILY LAURENCE
@EmLaurence
emily.laurence@metro.us

We all start the New Year with the best intentions. But come May (OK, let's be real, by February) those goals are forgotten. Life happens, and other things come up. But if you are seriously determined to accomplish your resolutions — truly, really! — here's how to get it done.

Mistake 1: Not writing it down

It may seem cheesy, but the simple act of writing down your resolutions actually works, at least according to a study done at Dominican University. Students who wrote down their goals accomplished them more than those who didn't, by a long shot. Put your written-down resolutions somewhere that you will see them often. That way, they will stay front-of-mind year round.

Mistake 2: Keeping it a secret

Sharing your New Year's resolutions is intimidating because you become accountable to someone — but that's exactly how a dream gets turned into a reality. You'll be more likely to see your resolutions through when you know someone will be checking in and asking how it's coming along.

Mistake 3: Only visualizing the end goal

While it's important to keep the big picture in mind, you also have to know how you're going to get there. According to Psychology Today, studies performed at both Harvard University and the University of Southern California found that a key practice in accomplishing a long-term goal was setting smaller, daily habits. Accomplishing these daily tasks gives a pleasurable dopamine rush and also sets the groundwork for bigger goals.

Mistake 4: Not making the time

Part of making a resolution plan is figuring out how you can carve out the time to make it happen. Most people don't have spare time in their schedule, so often it means giving up something else. Wanting to write a novel, for example, might mean getting up an hour early every day to write. Literally inputting into your schedule the time you are going to regularly designate to seeing your resolution through will make it a priority.

Mistake 5: Not celebrating the small victories

Harvard professor Shawn Achor stresses the importance of patting yourself on the back every so often in his book, "The Happiness Advantage." During his 12 years of research, he found that appreciating small, incremental changes related to the overall goal is what keeps goal-setters happy and on track. If you aren't happy trying to reach your goal, chances are you'll give up. Stop and celebrate the small victories along the way. You deserve it.

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5 Reasons why some runners don't lose weight

Sick of logging time on the treadmill and not seeing results? Read this.

EMILY LAURENCE
@EmLaurence
emily.laurence@metro.us

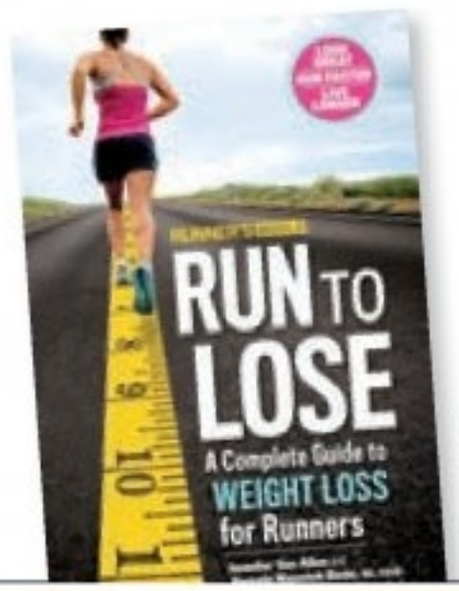
It can be frustrating to make the effort to hit the treadmill or brave the cold for a run several days a week but not see your waistline shrink. If you are one of the many people running to lose weight, but you look in the mirror and see no results, there are a few things you could be doing wrong. Runner's World's new book "Run To Lose" is a complete guide on how to see results. Here are some of the highlights.

Mistake 1: Eating the wrong kind of carbs

Athletes are often advised to "carb up" before a big game or long run, so it's natural for people who run a lot to believe they have a free pass to carb-load as much as they want — after all, it's fuel. "Run to Lose" writers Jennifer Van Allen and nutritionist Pamela Nisevich Bede do say that 55 to 65 percent of a runner's diet should come from carbs, but the carbs should be high quality. Bagels, doughnuts and pizza have plenty of carbs, but not the good kind. High quality carbs are foods like whole wheat, wild rice, quinoa, oats, beans and starchy vegetables. Those are the foods runners should fuel up on.

Mistake 2: Not switching things up

When you first start running, you totally feel the effects of your efforts the next day. But as seasoned runners know, after a while the body adapts. A three-mile run may have made your legs sore at first, but then it becomes routine. Allen and Bede say many runners make the mistake of simply tacking on extra time to their run — jogging for 45 minutes instead of 30, for example. They say the key is to run smarter, not longer, by upping the intensity with speed and incline level. They also say that studies have shown that 45 minutes of vigorous exercise (on a scale of 1 to 10, it's defined as a 7) raises the calorie burn for 14 hours after you stop exercising, so keep that in mind as well.



Mistake 3: Not drinking enough water

Sure, you're plenty thirsty after a run, but it's important to remember to drink up all day long. Allen and Bede say the goal is to drink half your body weight in ounces a day. So if you are 160 pounds, you should drink 80 ounces of water a day. If you don't drink enough water, you won't be able to run as hard and fast, so you won't be getting as much out of your workout as you would otherwise.

Switch things up with intervals to really supercharge your run. ISTOCK

Mistake 4: Choosing the wrong kind of sports snacks

Powerbars and Clif Bars packed with protein can totally give you a pre-run boost. But eating them whenever you feel like it just means you're gobbling down extra calories. Instead, reach for something with less artificial sugar and corn syrup.

Mistake 5: Not strength training

Running alone won't get you a toned-all-over body. Allen and Bede stress: You have to strength train. "Run to Lose" points to a 2014 study that found that healthy men who did 20 minutes of weight training a day gained less belly fat over 12 years than those who spent the same time doing vigorous aerobic activity. Spending 15 minutes before or after a run doing planks, lunges, push-ups and crunches will help you see better results.

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I don't know, frankly, if Doug Pederson will make a good head coach.

I recall Pederson from 1999 as the worst Eagles QB I've ever seen — well, maybe second worst to Mike McMahon. I remember him whining a bit when Andy Reid inevitably benched him for top pick Donovan McNabb.

Pederson returned as an assistant coach, from 2009-12, but had no real impact on Reid's offense. He followed Big Red to Kansas City, rising to offensive coordinator. This season, with Pederson occasionally calling plays, the Chiefs ranked ninth in scoring among the 32 NFL teams, 25th in first downs, 27th in total yards.

On Sunday, a day after KC whipped Houston, 30-0, in the playoffs, Pederson interviewed to replace Chip Kelly. By some reports, he is now the favorite for the job.

As I said, I can't judge whether Pederson will be the next Dick Vermeil or the next Rich Kotite. I don't know enough about his temperament, foresight, organizational skills, toughness or other attributes you'd seek in an NFL coach.

What I fear, however, is that Eagles owner Jeff Lurie and right-hand man Howie Roseman see in Pederson an Andy Reid-light — a non-boat rocking, West Coast offense-oriented candidate who can restore things to what they were a decade ago. That's not a bad thing per se, but just because Chip Kelly blew up the house, it doesn't necessitate moving back to the old neighborhood.

The top takeaway from the Eagles coaching hunt is that no candidates knock you over. There are no college hotshots ready to move up — although maybe that's a good thing after Kelly. None of the coaches-cum-broadcasters (Jon Gruden, Bill Cowher, Brian Billick) are serious about getting back in. And so, as seven teams seek new direction, a previously anonymous coordinator named Adam Gase gets elevated to savior.

The Eagles liked Gase, but he chose Miami. Apparently working with QB Ryan Tannehill was more attractive than working with Sam Bradford.

On Monday, Lurie and Roseman were set to host Tom Coughlin, ousted after 12 seasons and two Super Bowls in New York. I'd be shocked if the 69-year-old Coughlin gets the job. For one, the Eagles are 13-4 vs. his Giants since 2008. Why hire a guy who you've always beaten so easily?

That leaves a B-list of hopefuls, including Ben McAdoo, Paul Guenther, Dirk Koetter and incumbent offensive coordinator Pat Shurmur, whose top attribute may be he provides a comfort level for ownership.

And that, I fear, is Pederson's big plus as well — he's a safe commodity. No drama, manageable ego. After Chip, they're aiming for the Era of No Surprises.

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76ers, despite inexperience, don't have enough minutes to go around

Brett Brown and the Sixers are doing their best to utilize every minute of playing time.

EVAN MACY
@evan_macy
evan.macy@metro.us

The Sixers' defense has struggled mightily against top teams in the East like the Cavaliers. GETTY IMAGES

Being an NBA coach is an inherently difficult job in the best of circumstances.

The list of things Brett Brown, in his third season at the helm of the 76ers, deals with on a day-to-day basis is nothing to be trifled with.

The head coach is essentially tasked with preparing a team of college sophomores and juniors (who have left college early for the NBA) to go up against LeBron James, Kevin Love and Kyrie Irving. And then do it again against the Hawks, Raptors or Timberwolves.

One of the issues Brown has to chart a course through is deciding which personnel to have on the floor when, and for how long.

"You're always trying to find matchups first," the coach said Sunday after a 95-85 loss to the Cavaliers. "Our defensive players aren't our offensive players and vice versa. The holy grail of this league is two-way players who can guard and make shots. We are trying to grow Jerami [Grant], we are trying to go Jakarr [Sampson], those two are our best perimeter defenders but percentage-wise they are our lower percentage shooters."

So it gets complicated with a player like Hollis Thompson, to whom Brown is rewarding with 26.2 minutes per game for his defensive prowess. The second-year pro shoots a meager .39.9 percent from the field, making it a difficult decision to leave him on the floor sometimes.

"All those things come to my mind when you try to rotate, sub and play a team," Brown said. "Often times it ends up the strategy at the start plays out but there are more decisions to be made with this amount of healthy players."

One decision Brown hasn't really had to make is about third-overall pick Jahlil Okafor, whose 21-point performance against the Cavs lifted his scoring total to 17.4 points per game, in just over 30 minutes per game.

"My teammates are looking for me," Okafor said. "I've never had trouble in this league scoring. My teammates look for me and coaches try and get the ball to me."

Point guard Ish Smith has been a little Allen Iverson on the floor for the Sixers, scoring over 16 points per game during his nine games with the team (since a trade from New Orleans). And he's also getting Okafor the ball. The guard leads Philadelphia with 7.8 assists thus far.

He's also not shy, like A.I. before him, to take the ball to the basket.

"I think Ish, you feel like he's putting up a lot of shots, but they're at the rim, they're layups," Brown said.

The Sixers have a few days off before hosting the Bulls at 7 p.m. Thursday.

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B114 Niji Duadar Daniels (Personal Belongings), B155C Ruben Long (Boxes), C115 Pamella J. Raison (household items), C125 Richard A. Ball (Tires, jack stands air compressor), D133 Tanisha Griffin (Household items, Furniture).

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Eagles announce interview with former Giants' coach Coughlin

The Eagles have now officially interviewed six candidates.

EVAN MACY
@evan_macy
evan.macy@metro.us

With wisdom and success, perhaps Tom Coughlin is a good fit for the young and hungry Eagles. GETTY IMAGES

The Eagles sent out a press release Monday confirming their sixth interview, former Giants head coach Tom Coughlin.

Coughlin, winner of two Super Bowl titles, will be 70 years old when the 2016 season kicks off but certainly has credentials to keep coaching — if he wants to.

The Eagles have interviewed Chiefs offensive coordinator Doug Pederson, Adam Gase, who accepted the Dolphins head coaching gig this past weekend, Duce Staley (Eagles running backs coach), Pat Shurmur (Eagles offensive coordinator) and Ben McAdoo (Giants offensive coordinator).

The Birds had an early start to their search after firing Chip Kelly prior to Week 17's game against New York, but seem to be unfocused and still unsure where they want to go with the organization and the hire.

"I wanted to get a jump-start on our head coaching search and I knew already what we were going to do," Eagles owner Jeffrey Lurie said after the Kelly firing. "I thought having six extra days was pretty important, because as you know, it's a chaotic, rushed schedule when you're looking for a head coach."

Pederson appears to be the favorite, though there is no real way to know at this point, with several more interviews expected to occur this week.

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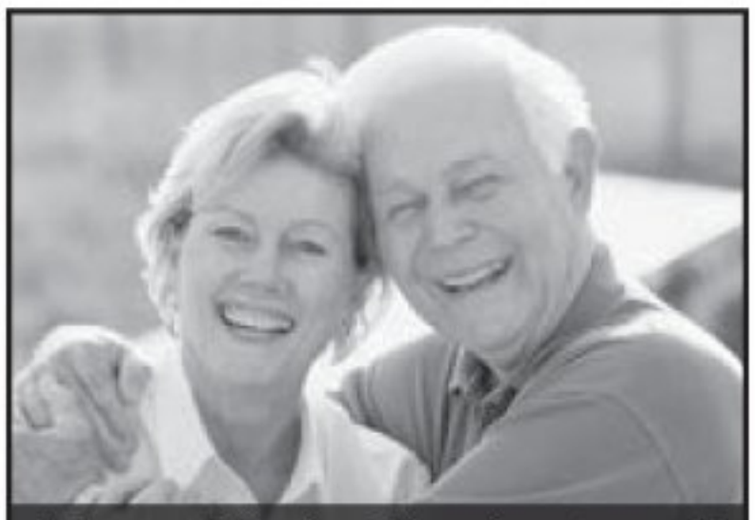

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LEGAL NOTICES

NOTICE OF PETITION FOR TERMINATION OF PARENTAL RIGHTS G.L. c. 210 §3

Docket No. HS15A0041CW
Commonwealth of Massachusetts
The Trial Court – Probate and Family Court

In the matter of: BABY BOY EDWARDS

To: MARION SHARPTON of Philadelphia, PA and any unknown or unnamed father, parent(s) of the above named child.

Hampshire Probate and Family Court
33 King Street, Suite 3, Northampton, MA 01060
(413) 586-8500

*A putative father will not have standing as a party to this case without a voluntary acknowledgement of parentage or an adjudication of paternity.

A petition has been presented to said court by Adoption Resource Associates, Northampton, MA representing that the parent(s) of the child lack(s) current ability, capacity, fitness and readiness to assume parental responsibility for the child, that the petitioner's plan for the child will serve the child's best interests; and, Requesting that this Honorable Court enter a decree under the provisions of the General Laws of Massachusetts, Chapter 210, Section 3, that shall have the effect of terminating the rights of the person(s) named herein to receive notice of or to consent to any legal proceeding affecting the custody, guardianship, adoption or other disposition of the child named herein.

IF YOU DESIRE TO OBJECT THERETO, YOU OR YOUR ATTORNEY MUST FILE A WRITTEN APPEARANCE IN SAID COURT AT: Northampton

ON OR BEFORE TEN O'CLOCK IN THE MORNING (10:00AM) ON: 02/24/2016

YOU ARE ENTITLED TO THE APPOINTMENT OF AN ATTORNEY IF YOU ARE AN INDIGENT PERSON. An indigent person is defined by SJC RULE 3:10. The definition includes but is not limited to persons receiving AFDC, EAEDC, poverty related veteran's benefits, food stamps, refugee resettlement benefits, medicaid, and SSI. The Court will determine if you are indigent. Contact an Assistant Judicial Case Manager/Adoptions Clerk of the Court on or before the date listed above to obtain the necessary forms.

WITNESS, Hon. Linda S Fidnick, First Justice of this Court.

Michael J Carey
Register of Probate

Date: November 24, 2015

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Edens Transit
Fleet Maintenance

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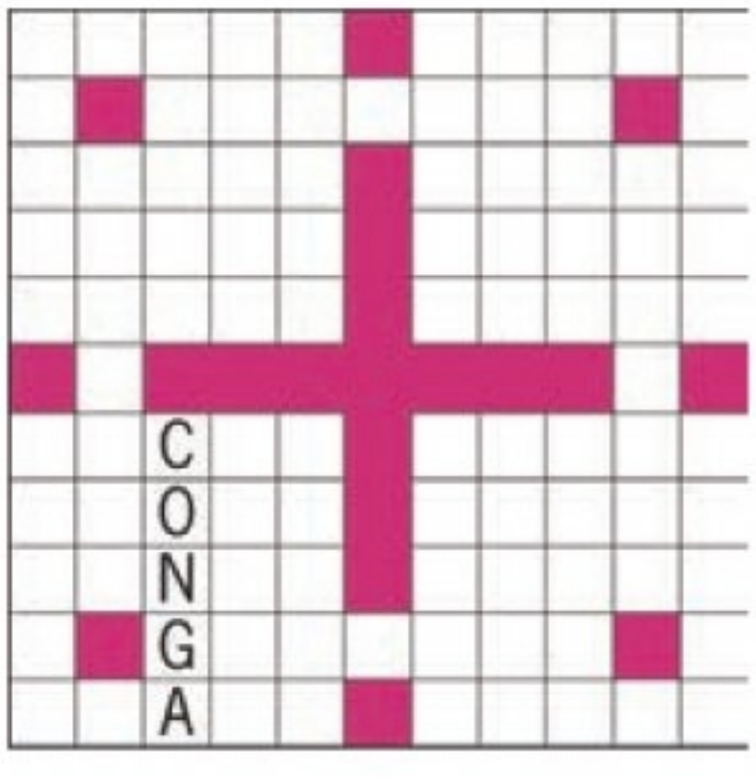
metro.us/games

fill-ins

Place all the words listed into the grid. Each word can be used once only. The first word has been filled in.

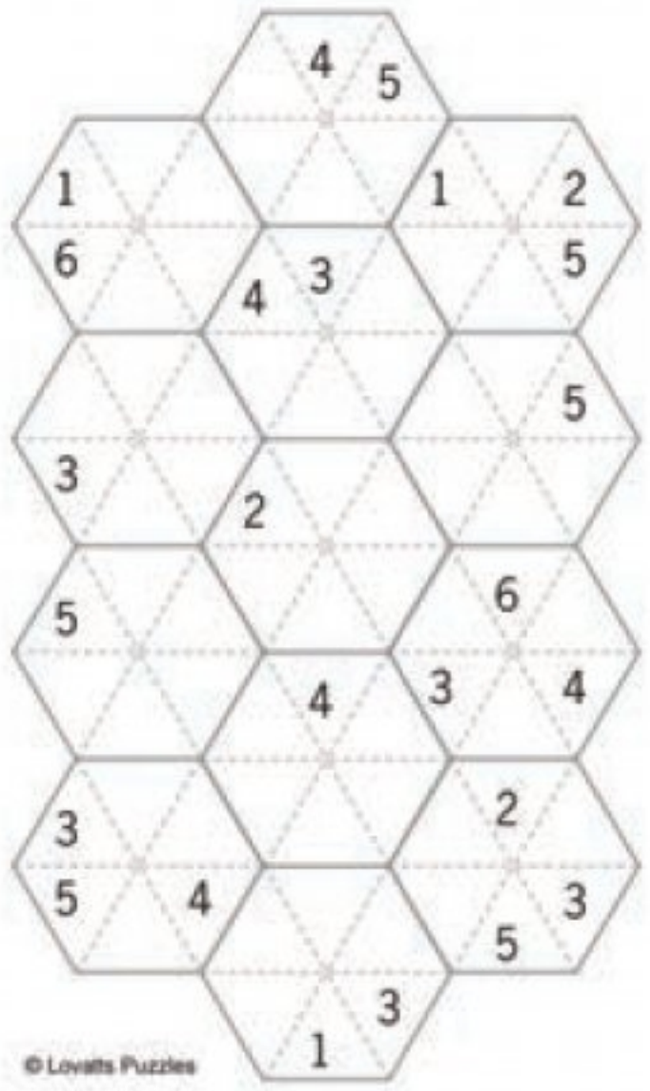


5 Letters
Agony
Aloud
Cello
Conga
Dusts
Eaten
Erode
Fatty
Feted
Flung
Foray
Glide
Gloom
Inter
Knoll
Loner
Louse
Merge
Odour
Outdo
Podgy
Scalp
Scoop
Senor
Staff
Syrup
Tacks
Tarts
Tasks
Threw
Tweet
Yawns

7 Letters
Awaited
Glucose
Haulage
Unaided

hexoku

Fit the numbers 1 to 6 into each hexagon so that where the hexagons touch, the numbers are the same. No number is repeated in any hexagon.

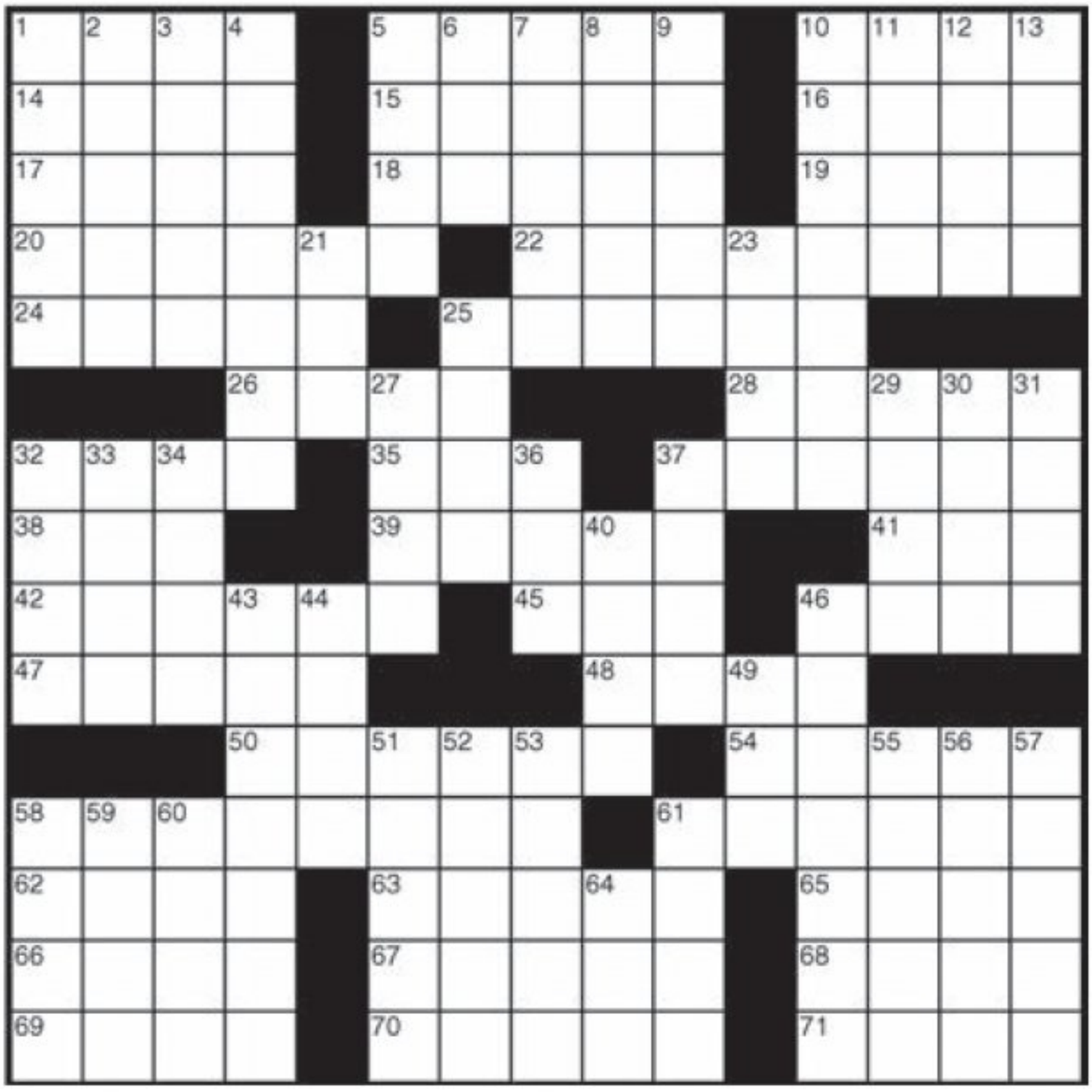


metro.us/crossword

Across
1 Tower over
5 Secret store
10 FBI agent (hyph.)
14 Pinnacle
15 — — in the bucket
16 Delicate blossom
17 Centurion's route
18 Laments loudly
19 Aahs' companions
20 Jamaican music
22 Goofballs
24 Stuffy
25 Antacid?
26 Chemist's condiment
28 Famed orca
32 Barrel stopper
35 Mouse alert
37 Beaches
38 Literary collection
39 Due for payment
41 One who often gets fleeced
42 Boondocks
45 Pixel
46 Soulmates
47 Hall decker
48 Bygone despot
50 Apollo's priestess
54 Ike's missus
58 Good jumper
61 Kind of split
62 Sleep like — —
63 Ursa Major neighbor
65 Rocky ledge
66 Omigosh!
67 Limerick writer — Nash
68 Munich single
69 Acorn, to an oak
70 Above the horizon
71 Antlered ruminant

Down
1 Wildlife refuges
2 Vocal group
3 Rolex rival
4 Changing lanes
5 Wedding fixture
6 Summer cooler
7 Doctrine
8 Privilege
9 — Downs (racetrack)
10 Harpo's brother
11 Cattle calls
12 Memorable tennis champ
13 Loch — monster
21 Tooth-puller's org.
23 Scout for trout
25 Took off
27 Execs
29 Survey finding
30 Whimper
31 "Has 1001 —"
32 Lavish party
33 A law – itself
34 Makeshift coathanger
36 Moppet
37 Certain NCOs
40 Make mention of
43 Plugged up
44 Sedgwick of the screen
46 Frisked about
49 GP group
51 Fire of the mind
52 Welsh dog
53 An awful lot
55 Antoinette or Osmond
56 Foolish, plus
57 Raring to go
58 Boyle and Moss
59 "I cannot tell — —"
60 Slangy refusal
61 Beethoven was born there
64 So-so mark

FOR THE ANSWERS
metro.us/games



games

metro.us/horoscopes

Aries A change to your appearance or an update to your skills or education will pay off. Romance is on the rise and a day trip will bring good results.

Taurus Express your plans and check out your options. Interviews and meetings with experts will help you make a decision that will promote gain.

Gemini Speak up about your feelings. It's not OK to let someone take advantage of you or railroad you into doing things you don't want to do.

Cancer Let your imagination take charge, especially when making changes at home or in the workplace. A property investment looks promising.

Leo Make a point to wheel and deal until you get what you want. If you desire a change, do whatever it takes to make it happen.

Virgo Take down your barriers and have fun. If you let your friends and colleagues discover your sense of humor, it will be much easier to close deals.

Libra Approach certain concerns carefully. An opponent will be harsh if you want to alter the way you do things. Reverse psychology will help you.

Scorpio A challenge will motivate you to do something constructive. A new project that allows you to use your creative skills will lead to something good.

Sagittarius You may feel adventurous, but you must be cautious if you don't want to face injury or interference from someone in charge.

Capricorn Put in extra hours if it will help you complete something that could make a difference to you professionally or financially.

Aquarius Focus your attention on dealing with a concern you have or making a needed change to an important relationship.

Pisces An investment will be offered and should be considered. Someone you have worked with in the past will have something for you. **EUGENIA LAST**

metro.us/sudoku

easy

6		1	9					
4			3					
		2	5		6			1
				2		8	6	
8	4	6		3		7	2	9
	2	9		4				
9			2		3	1		
					1			8
					7	4		5

hard

	8		9		3			5
			4			2	9	
		5			7	3		
	4	3				9		7
			3		6			
9		8				6	1	
		6	2			8		
	3	9			1			
7			6		9		3	

metro.us/truthfacts

YOUR WIFI CONNECTION
When you don't need the Internet
When you're checking Facebook
When you have to respond to an email ASAP
When you need to show somebody a hilarious YouTube clip

TRUTHFACTS.COM BY WULFF & MORGENTHALER

metro.us/quiz

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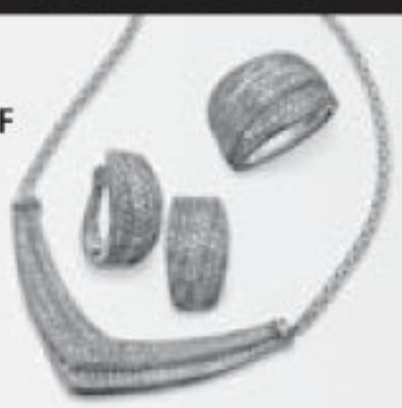

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